



INOVA[®]

Sports Medicine

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Physical Therapy Protocol Following Knee Arthroscopy without Repair

Weight Bearing Status – As Tolerated

Post-Op Week 0-2:

Goals:

1. Minimize swelling and pain
2. Achieve full ROM
3. Re-establish quadriceps control
4. Full weight bearing

Exercises:

1. Stationary bike-begin with seat high and progress lower
2. Quad sets, SLRs, hip adduction /abduction, leg extensions, leg curls as tolerated.
3. Patellar mobilizations
4. Chair squats vs ¼ and/or ½ squats, step-ups
5. Balance/proprioception skills

Post-Op Weeks 2-6:

Goals:

1. Maintain full AROM
2. Progress with strengthening and endurance
3. Gradual return to functional activities

Exercises:

1. Mini-squats 0-45 degrees
2. Closed chain activities (leg press 0-45 degrees)
3. Hamstring curls
4. Begin lateral lunges, front lunges, lateral step-ups, calf raises
5. Bike, stairmaster and/or Elliptical for endurance training
6. Begin proprioception (mini-trampoline, BAPS board, ball throwing and catching)
7. Begin plyometrics

Post-Op Weeks 6+:

Goals:

1. Continue with ROM and strengthening exercises as above
2. May progress with strengthening as tolerated
3. Return to sport

Exercises:

1. Continue to emphasize closed chain exercises.
2. Begin jogging and progress to running
3. Begin functional agility and sport specific drills

Criteria for release to sport(s):

1. Full painless ROM
2. 90% hamstring and quadriceps strength of contralateral side
3. No effusion